



# Fall/Winter 2015-2016

## Kennedy Shriver Aquatic Center

5900 Executive Boulevard, North Bethesda, Maryland 20852 (240) 777-8070

[www.rmscswimming.com](http://www.rmscswimming.com)

September 14, 2015 – March 20, 2016

### REGISTRATION INFORMATION

**Newcomers' Try-outs** – Newcomers are swimmers who did not participate in the RMSC-KSAC program Spring/Summer 2015, even if they have participated in other seasons. A sliding scale assessment is used to determine possible group placement; age, technique and endurance are taken into consideration. Newcomers must attend the session below according to their age as of December 4, 2015, no pre-registration necessary:

#### **September 8<sup>th</sup>, 2015**

13 & over: TBD, check back after 9/1/15

8 & under: 5:45 – 6:45 PM

#### **September 9<sup>th</sup>, 2015**

11-12 years: 4:45 – 6:00 PM

9-10 years: 6:30 – 7:45 PM

**Program registration forms for newcomers will not be available or accepted until AFTER try-outs have taken place and a placement has been offered by the coaches. No pre-registration is necessary to attend try-outs.**

**Returning Swimmers** – A returning swimmer is someone who swam with RMSC-KSAC during the Spring or Spring/Summer 2015 season. They have been registered with USA Swimming for 2015. These swimmers can pre-register for the Fall/Winter 2015-16 program. To do so, COMPLETE & SIGN THE REGISTRATION FORM attach the PROGRAM FEE PAYMENT and return. Forms may be emailed to [christa.kruekiel@montgomerycountymd.gov](mailto:christa.kruekiel@montgomerycountymd.gov), handed in person at KSAC or mailed to Kennedy Shriver Aquatic Center, Attn: Christa Kruekiel, 5900 Executive Boulevard, N. Bethesda, MD 20852.

**Returning swimmer registration begins Monday, August 10<sup>th</sup>, 2015**

**Registration ends for returning swimmers on Monday, August 31<sup>st</sup> 2015 in order to secure your spot.**

**Program Fee** – Program fees are payable to MCR by VISA, MasterCard, Check or Cash. Non-County residents must add \$15 per swimmer. This payment includes the 2016 United States of America Swimming (USAS) membership fee and PVS meet fees. To offset the cost of the program, payments can be credited to individual accounts prior to the start of the program. Installment/payment plans are NOT available. **All fees must be paid in full by the first day of practice.**

**The final date to register or withdraw is February 1, 2016**

**Questions Regarding RMSC @ KSAC** – Please email [christa.kruekiel@montgomerycountymd.gov](mailto:christa.kruekiel@montgomerycountymd.gov)

**Do not change your practice group assignment unless instructed to do so by your coach.**

### PRACTICE GROUPS

**Minis** - For 8 & Unders who can, at a minimum, swim both freestyle, using good rhythmic breathing, and backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, start and turns. Emphasis is on orientation to competitive swimming, participation in swim meets and having a fun experience. **Recommended practice attendance: 2/week**

|                    |                |
|--------------------|----------------|
| Fall/Winter (8484) | \$850          |
| Monday, Wednesday  | 6:15 - 7:00 PM |
| Tuesday, Thursday  | 5:15 - 6:15 PM |

**Juniors** - For swimmers ages 9-12 who have a working knowledge of all four competitive strokes. Emphasis is on learning proper stroke technique, starts and turns. Participation in swim meets is highly recommended but not required.

**Recommended practice attendance: 2/week**

|                    |                 |
|--------------------|-----------------|
| Fall/Winter (8489) | \$875           |
| Monday, Wednesday  | 5:15 - 6:15 PM  |
| Friday             | 5:30 – 6:30 PM  |
| Sunday             | 8:45 - 10:00 AM |

**\* All Coach's Invite Groups will be required to sign a Swimmer/Parent/Coach Agreement \***

**\*Advanced Juniors\* - Entry by coach's invitation only.** All invited to this group will be required to sign a Swimmer/Parent Agreement. For swimmers ages 9-12 who have achieved a high level of proficiency in all four competitive strokes. The focus is on advanced stroke technique, training for competitions, goal setting and endurance training. An introduction to dryland exercises geared toward injury prevention is also possible. Swim meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 3/week**

|                    |                |        |                |
|--------------------|----------------|--------|----------------|
| Fall/Winter (8495) |                | \$1250 |                |
| Tuesday, Thursday  | 6:15 - 7:45 PM | Sunday | 7:00 - 9:00 AM |
| Wednesday, Friday  | 6:30 - 7:45 PM |        |                |

**\*National Developmental Group\* - Entry by coach's invitation only.** All invited to this group will be required to sign a Swimmer/Parent Agreement. For swimmers ages 10-13 who have committed to upper level swimming in the RMSC program as their primary activity. Emphasis is on stroke mechanics, conditioning and goal setting. Dryland training and swim meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 5/week**

|                                |                |           |                |
|--------------------------------|----------------|-----------|----------------|
| Fall/Winter (8499)             |                | \$1600    |                |
| Mon, Tues, Thurs, Friday       | 6:15 - 7:45 PM | Wednesday | 4:45 - 6:15 AM |
| Dryland TX Tues, Thurs, Friday | 5:45 - 6:15 PM | Saturday  | 5:30 - 8:00 AM |

**Seniors** - For swimmers ages 13 - 18 who have summer swim team or high school competitive experience. A working legal knowledge of all four competitive strokes is required. Emphasis is on stroke technique, conditioning and endurance training.

**Recommended practice attendance: 3/week**

|                                      |                |        |
|--------------------------------------|----------------|--------|
| <b>Option A – Fall/Winter (8503)</b> |                | \$1250 |
| Monday, Wednesday                    | 3:45 - 5:15 PM |        |

**All options also meet at the following times:**

|        |                |
|--------|----------------|
| Monday | 4:45 - 6:15 AM |
| Friday | 3:45 - 5:15 PM |
| Sunday | 6:00 - 8:00 AM |

|                                      |                |        |
|--------------------------------------|----------------|--------|
| <b>Option B – Fall/Winter (8504)</b> |                | \$1250 |
| Tuesday, Thursday                    | 3:45 - 5:15 PM |        |

Dryland Training: Fridays 5:15 - 5:45 PM

|                                      |                |        |
|--------------------------------------|----------------|--------|
| <b>Option C – Fall/Winter (8505)</b> |                | \$1250 |
| Monday, Wednesday                    | 7:00 - 8:30 PM |        |

**\*Senior Training Group\* - Entry by coach's invitation only.** All invited to this group will be required to sign a Swimmer/Parent Agreement. For swimmers ages 13 - 15 who have committed to upper level swimming in the RMSC program as their primary activity. Emphasis is on stroke mechanics, conditioning and goal setting. Dryland training and swim meet participation is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. No later than the end of the sophomore year of high school (10th grade) swimmers will move to the next appropriate group (Seniors, Advanced Seniors or NTG's). **Minimum practices required: 5/week, including Sunday morning.**

|   |                |         |                |
|---|----------------|---------|----------------|
| Fall/Winter (8509)  |                | \$1500  |                |
| Monday, Thursday  | 4:45 - 6:15 AM | Friday  | 4:00 - 5:30 PM |
| Monday, Wednesday   | 7:00 - 8:30 PM | *Sunday | 6:00 - 8:00 AM |
| Dryland Training: Wednesday 6:15 - 7:00 PM; Friday 5:30 - 6:15 PM; Sunday 8 - 8:45 AM |                |         |                |

**\*Advanced Seniors\* - Entry by coach's invitation only.** All invited to this group will be required to sign a Swimmer/Parent Agreement. For swimmers ages 13 & over who have made a commitment to swimming. Emphasis is on stroke mechanics, conditioning, dryland training, goal setting and participation in required swim meets. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 6/week**

|                           |                |                   |                |
|---------------------------|----------------|-------------------|----------------|
| Fall/Winter (8511)        |                | \$1600            |                |
| Monday – Thursday         | 3:45 - 5:15 PM | Tues, Friday      | 4:45 - 6:15 AM |
| Dryland TX Mon – Thursday | 5:15 - 5:45 PM | Sunday (Required) | 6:00 - 8:00 AM |

**\*National Training Group\* - Entry by coach's invitation only.** All invited to this group will be required to sign a Swimmer/Parent Agreement. For swimmers 13 & over who have made a commitment to swimming as their primary activity. Athletes are expected to focus on qualification for and participation in the swim meets which lead to National level competition. Participation in dryland training is also required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum Practices required: 7/week**

|                       |                |           |                |
|-----------------------|----------------|-----------|----------------|
| Fall/Winter (8516)    |                | \$1950    |                |
| Mon, Wed, Friday      | 4:45 - 6:30 AM | Wednesday | 4:00 - 6:30 PM |
| Mon, Tues, Thurs, Fri | 4:00 - 6:15 PM | Saturday  | 5:30 - 8:00 AM |

Dryland Training: Monday – Friday 3:15 - 4:00 PM